

# Nutritional Questionnaire



Simply put a check mark beside any symptom that applies to you

**Section 1 (Gastrointestinal)**

**Part A (Stomach, Pancreas, Small Intestine)**

- Indigestion/gas after eating
- Feel too full after eating, bloating
- Sleepy or low energy after eating
- Uncomfortable or adverse reactions after eating
- Diet consists of mostly processed and cooked food
- The need to eliminate soon after eating
- Diarrhea after eating
- Difficulty breathing after eating
- Food passes through undigested
- Three or more large bowel movements daily

**Total \_\_\_\_\_**

**Part B (Colon)**

- Hard, small stool
- Mucus in stool
- Constipation or straining during bowel movement
- Rectal pain, itching, burning
- Thin, pencil-like bowel movements
- No urge to move bowels
- Almost continued urge to have bowel movement
- Hemorrhoids or rectal fissure
- Diarrhea/loose stool
- Cramping in lower abdomen

**Total \_\_\_\_\_**

**Part C (Microbe, Yeast, Para)**

- Repeated use of antibiotics, steroids or birth control pills
- Cravings for sugars, bread, alcohol

- Severe reactions to perfume, tobacco or chemical odors
- Hyper-sensitivity to certain foods (gluten?)
- Teeth grinding
- Recurrent Bladder infections
- Coated or sore tongue
- Feel bad all over without apparent cause
- Hives, psoriasis or skin rash
- Tiredness, feelings of being drained

**Total** \_\_\_\_\_

### **Section 2 (Liver and Gallbladder)**

- Fats/greasy foods cause nausea, headaches
- High cholesterol
- Stool appears yellow, clay-colored, foul odor
- Skin oily on nose and forehead
- Constipation
- Bad breath/bad taste in mouth, excess body odor
- Pain/tenderness behind the right lower rib area
- Brown spots on the skin
- History of gallstones
- General poor health

**Total** \_\_\_\_\_

### **Section 3 (Endocrine)**

#### **Part A (Thyroid)**

- Heart seems to miss beats or turn "flip flops"
- Cold hands or feet/Sensitivity to cold, prefer warm climate
- Hair scanty, dry, brittle, dull, lusterless, lifeless
- Flaky, dry, rough, skin
- High cholesterol
- Constipation, less than one bowel movement a day
- "Go to pieces" easily, cry easily
- Diminished sex drive
- Gain weight easily, fail to lose on diets
- Depression

**Total** \_\_\_\_\_

#### **Part B (Adrenal)**

- Eyes sensitive to bright lights, headlights, sunlight
- Fatigue, especially between 2-6pm

- Dizzy when rising or standing up from a kneeling position
- Form "gooseflesh" easily or "cold sweats"
- Prefer being alone, uneasy when center of attention
- Blood pressure fluctuates, sometimes too low
- Allergies, such as skin rash, dermatitis, hay fever, asthma, etc
- Emotional upsets cause complete exhaustion, must go and lie down when under heavy stress
- Unusual craving for salt
- more than usual neck, head, shoulder tension

**Total** \_\_\_\_\_

#### **Section 4 (Glucose)**

##### **Part A (Glucose High)**

- Frequent urination
- Unusual thirst
- Unusual hunger
- Vision blurs
- Sense of drowsiness, lethargy during the day not associated with missing meals or not sleeping
- Loss of hair on your legs
- Slow healing of wounds, cuts, abrasions
- Breath smells sweet or of acetone
- Peculiar sensations in hands or feet --- tingling, burning, sharp jabs, numbness, etc
- Urine contains sugar

**Total** \_\_\_\_\_

##### **Part B (Glucose Low)**

- Nervousness, shaky feelings or headaches relieved by eating sweets
- Irritable if late for a meal or miss a meal
- Irritable before breakfast
- Sudden strong craving for sweets, coffee or alcohol
- Get hungry soon after eating
- Wake up at night feeling hungry
- Wake up in the middle of the night and can't go back to sleep
- Mind goes blank at times
- Feel best after a good meal
- Agitation, easily upset, nervous

**Total** \_\_\_\_\_

#### **Section 5 (Cardio)**

- High blood pressure

- Pain, pressure, tightness or heaviness around the chest
- Exhaustion with minor exertion
- Difficulty catching breath, especially during exercise
- Heart pounding, sensation of heart beating too quickly, too slowly or irregularly
- Swelling in feet, ankles and/or legs comes and goes for no apparent reason
- Fingers and/or toes go cold
- Arms and/or legs “go to sleep”
- Numbness or heaviness in arms or legs
- Sharp, diagonal crease in earlobe

**Total** \_\_\_\_\_

**Section 6 (Mood)**

- Family, friends, work, hobbies or activities you hold dear are no longer of interest
- Cry frequently
- Feeling miserable, sad, unhappy or blue
- Sleep problems – too much or too little sleep
- Does every little thing get on your nerves and wear you out
- Do you feel easily agitated
- Often feel “Butterflies in your stomach,”
- Are you easily upset or irritated
- Go to pieces if you don’t control yourself
- Little annoyances get on your nerves and make you angry

**Total** \_\_\_\_\_

**Section 7 (Immune)**

- Allergies
- Frequent colds or flu-like symptoms
- Frequent sore throats
- Swollen lymph nodes
- Mucus in eyes when waking up in morning
- Tonsils removed
- Cough up lots of phlegm
- Plugged ears/discharge from ears
- Sinus congestion/problems
- Lung congestion/issues

**Total** \_\_\_\_\_

**Section 8 (Urinary)**

- Cramping or pain on either side of lower back
- Restricted urine flow
- Puffiness around eyes
- Frequent urinary tract infections
- Burning upon urination
- High diastolic blood pressure (above 90)
- Rarely feel the urge to urinate
- Strong smelling urine
- Urine is a rose color
- Generalized sense of water retention throughout your body

**Total** \_\_\_\_\_

### **Section 9 (Musculoskeletal)**

- Bones ache, feel tender or sore
- Upper or lower back pain
- Pain when sitting down or walking
- Teeth are prone to decay
- Joint swelling, pain or stiffness involving one or more areas (fingers, hands, wrists, elbows, shoulders, toes, arches, feet, ankles, knees or ankles)
- A routine exercise program, like daily walking, causes your knees to swell or hurt
- Injure, strain or sprain easily
- Muscles stiff, sore, tense and/or achy
- Muscle cramps or spasms/twitches
- Specific points on the body feel sore when pressed

**Total** \_\_\_\_\_

### **Section 10 (CNS Brain)**

- Tremors in hands and feet
- Eyesight, sense of smell and taste or ability to hear not as sharp as it used to be
- Irritability or impatience
- Loss of stamina while doing physical work
- Speaking and forming words does not feel automatic
- Difficulty absorbing new information
- Tend to forget things
- Trouble thinking or concentrating
- Easily distracted
- Inability to sit still for any length of time, even at mealtime

**Total** \_\_\_\_\_

**Section 11-MALE ONLY (Prostate)**

- Difficulty urinating – starting, burning
- Above associated with back or leg pains
- Have to urinate more than twice during night
- Sensation of not emptying your bladder completely
- Find yourself needing to start and stop again several times while urinating
- Find it difficult to postpone urinating
- Need to push or strain to begin urinating
- Lost or diminished sex drive
- Impotence
- Premature ejaculation

**Total \_\_\_\_\_**

**Section 12 - FEMALE ONLY (Hormones)**

**Part A (PMS)**

Indicate which conditions apply only if they occur within 14 days prior to and two days after menstrual period: **(Menopausal women skip to Part B)**

- Anxiety, nervous tension
- Irritability, restlessness
- Depression
- Mood swings, emotional outbursts, crying spells
- Headache
- Backache, cramps
- Bloating, weight gain
- Craving for sweets
- Breast tenderness
- Swelling of hands, feet, edema

**Total \_\_\_\_\_**

**Part B (Hormones)**

- Vaginal discharge
- Vaginal dryness
- Sexual intercourse is uncomfortable
- Interest in having sex is low
- Difficulty with orgasm
- Sense of well-being fluctuates throughout the day for no apparent reason
- Sudden hot flashes
- Chills
- Mental fogginess, forgetful or distracted
- Difficulty sleeping

**Total \_\_\_\_\_**

## **Section 13 (Specific Nutrients)**

### **Part A (Essential Fatty Acids)**

- Dry, flaky skin
- Dryness or cracks behind the ears
- Brittle hair and/or fingernails
- Acne
- Dry or oily hair
- Eczema/psoriasis/dermatitis
- Alopecia (patchy hair loss)
- Dry patches of scaly skin on the face and/or nose
- Patches of hair which are unmanageable (stick up on end)
- Split ends

**Total** \_\_\_\_\_

### **Part B (Protein, Aminos)**

- Excess fluid retention (edema) in hands or feet
- Nausea or dizziness
- Poor coordination
- General, overall weakness
- Anemia
- Cataracts
- Catch colds, flu, infections easily
- Muscle wasting
- Premature aging
- Hair dull, dry, sparse, loose and falling out

**Total** \_\_\_\_\_

### **Part C (CoQ10)**

- Muscular weakness
- Heart rhythm disturbances
- Enlarged heart
- Chronic unrelenting fatigue
- Bleeding gums
- Receding gums
- High blood pressure
- History of angina and/or coronary artery disease
- History of congestive heart failure
- Experience severe muscle pain, particularly after exercising

**Total** \_\_\_\_\_

### **Part D (Vitamin C)**



- Skin bruises easily, "black & blue" marks
- Gums bleed easily, especially when brushing teeth
- Loose teeth, loss of dental fillings
- Cuts, sores or wounds heal slowly
- "Fleeting" pains in joints or legs, joint tenderness
- Catch infections, colds, flu or viruses easily
- Nosebleeds
- Broken capillaries, hemorrhages or little pink spots on skin
- Anemia
- Fragile bones

**Total** \_\_\_\_\_

### **Part E (Vitamin D)**

- Poor bone development
- Abnormal number of dental cavities
- Osteoporosis (demineralized bones)
- Osteomalacia (softening of bones)
- Rickets (bowlegs, knock-knees)
- Joint pains
- Muscular cramps
- Nearsightedness, myopia
- Nervousness
- Insomnia

**Total** \_\_\_\_\_

### **Part F (Iodine)**

- Dry hair
- Brittle nails
- Slow mental reactions
- High cholesterol in blood
- Enlargement of thyroid gland, goiter
- Heart palpitations
- Irritability
- Overweight, obese
- Sluggish metabolism
- Constipation

**Total** \_\_\_\_\_

Please list any problems, symptoms or conditions that have not been covered in this questionnaire:

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	Low		Moderate			High						
	1	2	3	4	5	6	7	8	9	10	<b>A. Stomach/Pancreas/ Small Intestine</b>	1. Gastrointestinal
	1	2	3	4	5	6	7	8	9	10	<b>B. Colon</b>	
	1	2	3	4	5	6	7	8	9	10	<b>C. Microbe/Yeast/Para</b>	
	1	2	3	4	5	6	7	8	9	10	<b>Liver/Gallbladder</b>	2. L/V/ GB
	1	2	3	4	5	6	7	8	9	10	<b>A. Thyroid</b>	3. Endocrine
	1	2	3	4	5	6	7	8	9	10	<b>B. Adrenal</b>	
	1	2	3	4	5	6	7	8	9	10	<b>A. Glucose – high</b>	4. Glucose
	1	2	3	4	5	6	7	8	9	10	<b>B. Glucose – low</b>	
	1	2	3	4	5	6	7	8	9	10	<b>Heart &amp; Circulation</b>	5. Car- dio
	1	2	3	4	5	6	7	8	9	10	<b>Depression/Anxiety</b>	6. Mo- od
	1	2	3	4	5	6	7	8	9	10	<b>Lymph, Sinus, Lungs</b>	7. Im- mu
	1	2	3	4	5	6	7	8	9	10	<b>Kidney/Bladder</b>	8. Uro
	1	2	3	4	5	6	7	8	9	10	<b>Musculoskeletal</b>	9. Mus- culo
	1	2	3	4	5	6	7	8	9	10	<b>CNS/Cognition</b>	10. CNS Brain
	1	2	3	4	5	6	7	8	9	10	<b>Prostate</b>	11. Ma- le

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	<b>A. PMS</b>	12. Female
	1	2	3	4	5	6	7	8	9	10	<b>B. Hormones</b>	
	1	2	3	4	5	6	7	8	9	10	<b>A. Essential Fatty Acids</b>	13 Specific Nutrients
	1	2	3	4	5	6	7	8	9	10	<b>B. Protein/Aminos</b>	
	1	2	3	4	5	6	7	8	9	10	<b>C. CoQ10</b>	
	1	2	3	4	5	6	7	8	9	10	<b>D. Vitamin C</b>	
	1	2	3	4	5	6	7	8	9	10	<b>E. Vitamin D</b>	
	1	2	3	4	5	6	7	8	9	10	<b>F. Iodine</b>	

**Nutritional Questionnaire Key**

<p><b><u>Section 1 GI Tract</u></b></p>	<p><b>A. Stomach/Pancreas/Small Intestine</b>  <b>Primary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>BetaZyme</b> 1-2 per meal (do not use if ulcer is present, introduce after ulcer is healed) use <b>ProbZyme</b> if BetaZyme is contraindicated</li> <li>b. <b>GI Complete</b> 1-2 servings per day</li> <li>c. <b>Super Biotics</b> 1-2 capsules daily on empty stomach</li> </ul> <p><b>Additional Considerations</b></p> <ul style="list-style-type: none"> <li>a. <b>Frontier Biotics</b> 2 capsules twice daily on empty stomach</li> </ul> <p><b>B. Colon</b>  <b>Primary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>Frontier Cleanse</b> 4 capsules twice daily (be sure of adequate fluid intake)</li> <li>b. <b>Super Biotics</b> 1-2 capsules daily on empty stomach</li> <li>c. <b>GI Complete</b> 1-2 servings daily</li> </ul> <p><b>Secondary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>Frontier Fiber</b> 1-2 servings daily</li> <li>b. <b>GI Tincture</b> 1-2 droppers 3-6 times daily</li> </ul> <p><b>C. Microbial Imbalance</b>  <b>Primary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>ParaCleanse</b> 3 tablets twice daily on empty stomach</li> <li>b. <b>CandiKill</b> - 2 per meal</li> <li>c. <b>SBC Extra Strength</b> 2-4 capsules daily</li> <li>d. <b>Micro-Gone Tincture</b> 1-2 droppers 3-6 times daily</li> </ul> <p><b>Secondary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>Olive Leaf Extract</b> - 1 cap each meal</li> <li>b. <b>Immune Tincture</b> 1-2 droppers 3-6 times daily</li> <li>c. <b>Frontier Cleanse</b> 4 capsules twice daily</li> </ul>
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<p><b><u>Section 4 Glucose</u></b> <b><u>(continued)</u></b></p>	<p><b>Secondary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>The Best Whey or Super Shake</b> 1-2 servings daily between meals to help maintain normal insulin levels</li> <li>b. <b>Green Tea-70</b> 1 capsule twice daily to help maintain normal insulin levels</li> <li>c. <b>Endocrine Tincture</b> 1-2 droppers 3-6 times daily for overall support of the endocrine system</li> </ul> <p><b>Additional Considerations</b></p> <ul style="list-style-type: none"> <li>a. <b>EnerDMG</b> 1 tablet twice daily to aid the body in glucose and fat metabolism</li> <li>b. <b>TonaLean</b> 1 softgel three times daily to help maintain glucose levels</li> <li>c. <b>Super B Complete</b> 2-4 capsules daily</li> </ul> <p><b>B. Glucose Low</b></p> <p><b>Primary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>The Best Whey or Super Shake</b> 1-2 servings daily between meals</li> <li>b. <b>Frontier Fiber</b> ½ hour before meals</li> </ul> <p><b>Secondary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>Pro Oranges</b> 1-2 servings daily</li> <li>b. <b>AdrenaMax II</b> 1 capsule each meal</li> <li>c. <b>Super B Complete</b> 2-4 capsules daily</li> </ul>
<p><b><u>Section 5</u></b> <b><u>Cardiovascular</u></b></p>	<p><b>Primary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>Power Fuel</b> 1-2 servings daily to increase heart muscle strength and cardiovascular output</li> <li>b. <b>Cardio Stack</b> - 2 caps twice daily to enhance cardiovascular health</li> <li>c. <b>Power Q 600</b> or <b>Power Q NOL</b> or <b>Power Q</b> for overall heart health</li> </ul> <p><b>Secondary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>Omega 3D</b> 3-4 softgels daily for heart and circulation health</li> <li>b. <b>Mag Complete 300</b> 1 each meal</li> <li>c. <b>E-400</b> 1-2 softgels daily to help regulate blood viscosity and circulation</li> <li>d. <b>CircuCare Head &amp; Heart</b> 1-2 droppers 3-6 times daily</li> </ul> <p><b>Additional Considerations</b></p> <ul style="list-style-type: none"> <li>a. <b>Seven Flowers BP</b> 1-2 each meal for blood pressure and/or stress issues</li> <li>b. <b>CholestoCare II</b> as directed for elevated cholesterol</li> <li>c. <b>EnerDMG</b> 1-2 daily for circulation and vascular health</li> <li>d. <b>Krill Oil</b> 2-4 softgels daily to support cardiovascular function and cholesterol levels</li> <li>e. <b>Nattokin Plus</b> 2-4 capsules daily between meals to support healthy blood flow</li> </ul>





<p><i>causes inflammation, which leads to tissue weakness and deterioration.</i></p> <p><b>Section 10</b> <b><u>Nervous System/</u></b> <b><u>Brain (continued)</u></b></p>	<ul style="list-style-type: none"> <li>a. <b>L-Theanine</b> 1 capsule twice daily for it's calming effects</li> <li>b. <b>Omega 3D</b> 3-6 softgels daily</li> </ul> <p><b>B. Brain (questions 6-10)</b></p> <p><b>Primary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>Brain Boost II</b> 3 capsules 1-2 times daily for cognitive function, alertness &amp; recall</li> <li>b. <b>Neuro Tincture</b> 1-2 droppers 3-6 times daily</li> </ul> <p><b>Secondary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>EnerDMG</b> 2 tablets daily for mental alertness and brain function</li> <li>b. <b>NeuroMax</b> as directed for brain and nerve function</li> <li>c. <b>L-Theanine</b> 1 capsule twice daily – calming effects</li> </ul> <p><b>Additional Considerations</b></p> <ul style="list-style-type: none"> <li>a. <b>Omega 3D</b> 3-6 softgels daily</li> <li>b. <b>Krill Oil</b> 2 softgels daily</li> <li>c. <b>Pro Oranges</b> 1-2 servings daily to support brain function and mental alertness</li> <li>d. <b>Pro Purples</b> 1-2 servings daily to support mental clarity and focus</li> </ul>
<p><b>Section 11 Male</b></p>	<p><b>Prostate</b></p> <p><b>Primary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>PSA II</b> 2 capsules 1-2 times daily</li> <li>b. <b>EstroCleanse II</b> as directed</li> <li>c. <b>Frontier Flax</b> 1 softgel each meal</li> </ul> <p><b>Sex Drive</b></p> <p><b>Primary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>Testo 180</b> 2 capsules twice daily</li> <li>b. <b>DHEA</b></li> <li>c. <b>EstroCleanse II</b> as directed</li> </ul>
<p><b>Section 12 Female</b></p>	<p><b>A. PMS</b></p> <p><b>Primary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>EstroCleanse II</b> as directed</li> <li>b. <b>Mag Complete 300</b> as directed</li> <li>c. <b>Super B Complete</b> 2-4 capsules daily</li> <li>d. <b>Endocrine Tincture</b> 1-2 droppers 3-6 times daily</li> </ul> <p><b>Secondary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>Frontier Flax</b> 1 softgel each meal</li> <li>b. <b>L-Theanine</b> 1 capsule 1-2 times daily – stress/relaxation</li> <li>c. <b>Frontier Minerals</b> 2 capsules twice daily</li> <li>d. <b>Cal Mag Plus</b> 1 scoop twice daily</li> </ul> <p><b>B. Ovarian Function/Hormonal Function</b></p> <p><b>Primary Support</b></p> <ul style="list-style-type: none"> <li>a. <b>EstroCleanse</b> as directed</li> <li>b. <b>DHEA</b></li> <li>c. <b>Frontier Flax</b> 1 softgel each meal</li> </ul>



